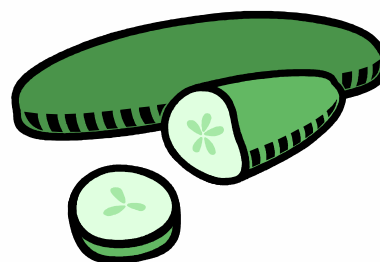




### Healthy Recipe Idea: Cucumber Pasta Salad

#### **Ingredients:**

1/2 cup rotini or totelle pasta  
4 cucumbers – peeled, quartered, and chopped  
4 stalks celery, chopped  
1 large onion, chopped  
1/2 cup, low-fat creamy salad dressing  
1 cup buttermilk  
2 teaspoons celery seed



#### **Directions:**

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes. Drain the pasta. In a large bowl, combine pasta, cucumber, celery and onion. In a small bowl, combine dressing, buttermilk and celery seed. Toss salad with dressing, cool, and serve.

#### **How do I chop my cucumbers ?**

Choose firm, dark green cucumbers with no soft spots and an even shape. Store in the refrigerator for up to one week. Peel cucumber with a vegetable peeler. Cut off ends and discard. Cut in half. Set cucumber on its end and slice in half from end to end. Repeat with other half. Place cucumber pieces on cutting board flat side down. Slice each piece in half again from end to end.

#### **How do I chop my celery ?**

Pull the number of stalks needed from the base. Rinse well under running water, making sure to remove any dirt. Trim off leaves and bottom half inch of each stalk. If desired, remove strings by pinching between thumb and knife blade and "unzipping" down the stalk and discard. This step is not necessary. Lay each stalk flat on a cutting board and run the knife from end to end, cutting into long strips. Hold strips together in a bunch and slice across into small pieces.